Monterey Bay Aquarium Seafood Watch

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

To use your guide: 1. Cut along outer black line
2. Fold on grey lines

BEST CHOICE

Amadai/blue tilefish (from Atlantic)
Awabi/abalone (farmed)
Bincho/albacore tuna (from Pacific troll or pole-&-line)
Ebi/shrimp (farmed from U.S.)
Gindara/sablefish (from AK pots)
Hotate/scallops (farmed)
Ika/squid (from CA)
Ikura/salmon roe (farmed from New Zealand)
Iwana/Arctic char
Kaki/oysters (farmed)
Katsuo/skipjack tuna (from Pacific troll or pole-&-line)
Karei/flounder (from AK)
Muurugai/mussels (farmed)
Niji-masu/rainbow trout (farmed from U.S.)
Nori/wakame/seaweed (farmed)
Sake/salmon (from New Zealand)
Sawara/king mackerel (from U.S.)
Suzuki/bass (farmed from U.S. or Mexico)
Uni/green sea urchin (from Canada Pacific)

GOOD ALTERNATIVE

Ahi/yellowfin tuna (from U.S.; from Atlantic pole-&-line, from Atlantic or Pacific FAD-free purse seines)
Amaebi/spot prawn
Bincho/albacore tuna (from U.S. longline)
Ebi/shrimp (wild from U.S. or Canada; farmed from Ecuador, Honduras, or Thailand)
Gindara/sablefish
Hamachi/hiramasa/kanpachi/yellowtail (from U.S.)
Hon maguro/Pacific bluefin tuna (from CA)
Hotate/scallops (wild)
Katsuo/skipjack tuna (from Pacific troll or pole-&-line)
Sake/Atlantic salmon (farmed from ME or Faroe Islands)
Sake/salmon (wild from U.S.)
Uni/red sea urchin (from CA)

AVOID

Ebi/shrimp (all other imported options)
Hamachi/hiramasa/kanpachi/yellowtail (from Japan)
Hon maguro/bluefin tuna (farmed/ ranched)
Ika/squid (imported)
Iwashi/Atlantic sardines (from Mediterranean)
Izumidia/tilapia (from China)
Kani/crab (from Asia)
Kani/snow crab (from Canada)
Niji-masu/rainbow trout (from Chile)
Sake/salmon (farmed from Canada, Chile, Norway, or Scotland)
Tako/octopus
Tuna (from Indian Ocean)
Tuna (all other options)
Unagi/eel (imported farmed)
Uni/green sea urchin (from ME)

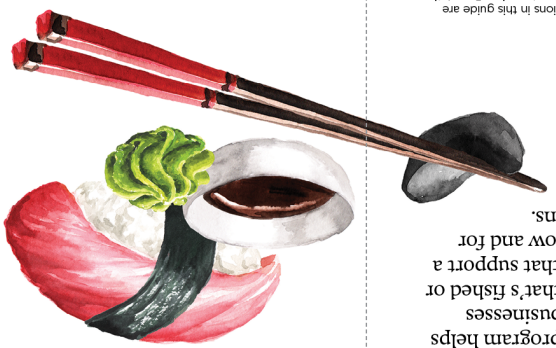
How to use this guide

BEST CHOICE
Buy first. It is well managed and caught or farmed in an environmentally responsible manner.

GOOD ALTERNATIVE
Buy if a Best Choice option is not available. There are moderate environmental concerns.

AVOID
Pass on this seafood for now. It's caught or farmed in ways that harm marine life or the environment.

This list does not reflect all recommendations, exceptions may apply. View the full list on **SeafoodWatch.org**.



Seafood Watch® Sushi

Fall / Winter 2025

Monterey Bay Aquarium

The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

Monterey Bay Aquarium
Seafood Watch

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SeafoodWatch.org

Take action

ASK "Do you sell sustainable seafood?" This simple but powerful action lets businesses know it is important to you.

BUY Best Choice options first.

CHOOSE Good Alternatives if you can't find a Best Choice and visit SeafoodWatch.org for the full list.

Visit SeafoodWatch.org for our full range of seafood guides. Or scan the QR code below.

Use these recommendations for popular seafood when dining and shopping.

You can make a difference for our ocean by making responsible seafood choices.

Your choices matter